

AQUATICS

The success of the Cedarwood Aquatic Program is accomplished by the highly skilled yet experienced and certified Aquatics instructors and lifeguards.



Learning to swim is one of the most important life skills for a child.

Cedarwood is committed to providing developmentally appropriate swimming instruction so each child can enjoy a lifetime of safe water enjoyment.

Building confidence while having fun leads to success.



Sessions are held Mon-Thurs each week . (Fridays are reserved for rainy day make up only)
Each lesson is 45 minutes and includes water safety fundamentals.

Summer Sessions:

<p><u>Private & Semi-Private:</u> Ages 2 & up</p> <p>June 3-7 June 10-14 June 17-21</p>	<p><u>Group:</u> Ages 3 & up</p> <p>June 3-7 & 10-14 June 17-21 & 24-28 July 8-12 & 15-19</p>
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Pick up registration form at school office
or call 985.845.7111

Prices:

Group Lessons (4:1)
8-45 Minute Lessons (2 weeks)
Cedarwood Camper: \$115
Non Camper: \$135

Semi-Private Lessons (2:1)
4-45 Minute Lessons (1 week)
Cedarwood Camper: \$90
Non-Cedarwood Camper: \$120

Private Lessons (1:1)
4-45 Minute Lessons (1 week)
Cedarwood Camper: \$135
Non Camper: \$160

Children age 2 are required to take private or semi-private lessons.



SUMMER

SWIM

PROGRAMS



Cedarwood School and Camps

607 Heavens Dr. • Mandeville, LA • 985.845.7111



Swim Programs



Learn to Swim Programs

Ages 2 and up

Cedarwood Swim Programs provide six levels of instruction to swimmers. Children are evaluated on the first lesson and placed into the appropriate level for his/her ability.

LEVEL 1

Water Exploration

Most beginners start here and will become comfortable in the water and begin to develop basic skills to enjoy water safely.

LEVEL 2

Primary Skills

Swimmers will expand on independent skills they earned in Level I. They will learn rhythmic breathing, floating on their backs and fundamentals of arm stroking and kicking.

LEVEL 3

Stroke Readiness

Swimmers will begin combining skills to form coordinated swimming strokes. They will become more proficient with free style stroke and will develop left and right breathing techniques. Swimmers will float on their backs and be introduced to the back crawl.



LEVEL 4

Stoke Development

Swimmers will improve their stroking and breathing techniques while maintaining balance in the water. Floating and treading water to build endurance and safety will be introduced.

LEVEL 5

Stroke Refinement

Swimmers will increase endurance and stroke coordination and introduction of the Butterfly stroke. Perfection of treading water and floating will be mastered.